

AKHAM TENNIS CLUB

COACHING PROGRAMME

BLUE STAGE (Age 4-6)

Young kids are bundles of energy just running around without a care in the world. But the programme is designed to finesse their fine motor skills like balance, agility and coordination. At this stage it's not about winning or losing but just getting to grips with the basics.

RED STAGE (Age 6-8)

This looks a bit more like the tennis you know; overarm serves, rallies, scoring. Kids can use their new knowledge to play in competitions as teams or individuals. It's still soft balls and small courts but they're learning everything they'll need for the game ahead.

ORANGE STAGE (Age 8-9)

All the skills they've been learning are turning them into tennis Titans. Time to throw in some tactics, extra techniques, problem-solving and leadership too; they're becoming Mini Pro's before your eyes.

GREEN STAGE (Age 9-10)

Where does the time go? They're fast approaching moody teenagers and so it's time to let them loose on real, full-sized courts. Now it's all about fine tuning and refining the techniques they've learned over the years. Welcome to the Big Leagues, junior.

YELLOW STAGE (Age 11-18)

At the Yellow stage, children are now playing on a full size court with the balls the professionals use. Children will continue to explore different game styles and start to find their own. They will evolve through well-rounded motor skills development whilst improving their physical capacities.